

MONTHLY SORTIE GOALS	
961st Airborne Air Control Squadron	
Monthly flying-hour contract	115.0
Hours flown	19.6
Monthly offset	-6.4
33rd Rescue Squadron	
Monthly flying-hour contract	243.0
Hours flown	42.5
Monthly offset	-42.5
909th Air Refueling Squadron	
Monthly flying-hour contract	56.0
Hours flown	154.4
Monthly offset	7.4
44th Fighter Squadron	
Monthly sortie contract	498
Sorties flown	106
Monthly offset	-6
67th Fighter Squadron	
Monthly sortie contract	482
Sorties flown	86
Monthly offset	-26
Source: 18th MOS/MXOOP, as of June 9	

THE

KADENA

SHOGUN

Vol. 18, No. 23
Kadena Air Base, Japan
Friday, June 11, 2004

WEEKEND WEATHER

TODAY: Mostly cloudy with isolated rain showers
SW winds @ 12-20 knots
High: 77 Low: 68

SATURDAY: Mostly cloudy
S winds @ 10 knots
High: 81 Low: 70

SUNDAY: Mostly cloudy
NW winds @ 9-12 knots
High: 81 Low: 70

FRIDAY MORNING'S
COMMUNITYBANK
EXCHANGERATES
BUYING: \$1=Y107 SELLING: Y112=\$1

Kadena to host Special Olympics

By 1st Lt Chrystal N. L. Smith
18th Wing Public Affairs

More than 7,000 athletes, volunteers and fans are expected to gather Saturday at Kadena High School Stadium to kick off the 2004 Special Olympics.

After months of planning and organizing, the Special Olympic committee is making a few last-minute preparations for the 5th Annual Special Olympic Games at Kadena. Although there was a large turnout for last year's games, this year's games are expected to be the biggest in number and scope of all games held here.

There are 900 athletes, 1,200 volunteers and more than 5,000 fans and supporters expected to show Saturday to be part of the sporting events, art exhibit provided by the community and a mixed variety of volunteer entertainers. This year, the Department of Defense Dependents Schools is playing a major part in the event with the use of its facilities.

Felipe Jimenez, director of operations, said he is grateful to DoDDS for allowing the use of the high school. "It's a great show of the teamwork that Team Kadena brings to the forefront." As chairman of the Kadena Special Olympic Committee, Col. Glenda Raichlen has great expectations for Saturday's games. "We had a great bunch of ded-

2004 Event Schedule and Map

0600 GATES OPEN (MAIN GATE 5)

0600 CHECK IN TIME OF STAFF & VOLUNTEER

0600 ARRIVAL OF ATHLETES & BEGIN CHECK IN

0600 ARRIVAL OF BANDS

0630 1ST CALL TO ASSEMBLE FOR PARADE

0645 ARRIVAL VIP'S

0645 PARADE FORMATION

0600 OPENING CEREMONY

0630 FLOOR HOCKEY

0640 30M RACE/200M DASH (Simultaneous)

0640 WHEELCHAIR SOFTBALL THROW

0630 ART EXHIBITION

0630 LUNCH

0640 TENNIS SKILLS (Demonstration)

0640 50M/100 DASH

0640 400M DASH/400M RELAY

0640 GROUND GOLF

0640 SOCCER SKILLS

0640 SOFTBALL THROW

0640 FRISBEE TOSS

0640 BASKETBALL SKILLS

0640 WHEELCHAIR 50M DASH

0640 WHEELCHAIR BEAN BAG DROP

0640 CLOSING CEREMONY

icated people on the committee who made the planning and organization of this event much easier than I anticipated," she said.

Special Olympics is a sports organization that provides sports training and competition for individuals who are physically and or mentally challenged, and holds more than 16,000 sporting competition events in a single year.

The games held here are included in that international count. Leading up to Saturday's games, the committee held a poker run, a bake sale, a 5-kilometer fun run, a golf tournament and a torch run that increased awareness and boosted overall support and participation. The committee seeks to expand on goals that have been achieved, as well as the scope of these Olympic

games.

Its efforts have given the 14-member floor hockey team from Okinawa Mentally Challenged Senior High School a shot at playing in the 2005 Special Olympics World Winter Games in Nagano. "Our goal is to provide a setting for athletes and artists to showcase their abilities and for them to leave with an immense feeling of accom-

plishment," said Colonel Raichlen. Mr. Jimenez said he does it for the athletes. "I enjoy seeing them come out and watching them give their all doing the things that we often take for granted. I'm always learning from them." They encourage everyone to come out and give support to the event as watching the athletes can be an inspiration for anyone.

Cope North kicks off here

By Maj. Eric Hilliard
5th Air Force Public Affairs

Units from 5th Air Force and the Japan Air Self Defense Force began conducting Exercise Cope North 04-2 Monday at Kadena.

The exercise lasts until June 18 and is the latest in a series of bilateral exercises designed to enhance both countries' air operations. Air Force units will operate predominately from Kadena while Japan's air force units will primarily use Naha Air Base.

Air Force participating units include F-15C Eagles, KC-135 Stratotankers and an

E-3 Sentry from the 18th Wing and F-16s and air traffic control support from Misawa Air Base, Japan.

Japan's air force will use F-4 Phantoms from Naha Air Base, F-15 from Hyakuri Air Base, and an E-767 AWACS from Hamamatsu Air Base.

The U.S. director for the exercise is Col. Robert Harvey, 605th Aerospace Expeditionary Group commander from 5th Air Force headquarters at Yokota Air Base.

The Japanese director is Col. Hidehiko Abe, chief of plans and operations division, Southwest Air Defense Sector at Naha Air Base.

"We welcome the opportu-

nity to continue this long-standing cooperative exercise between our countries, and look forward to another positive experience this year," said Colonel Harvey, exercise director.

The type of operations that will take place during the two-week exercise include air-to-air and air-to-ground operations.

This is the 74th exercise in the Cope North series. Since the first Cope North Exercise in 1978, thousands of American and Japanese airmen have honed skills that are vital to maintaining a high level of readiness.

National Day of Mourning

Air Force/ Master Sgt. Adam Johnston
The U.S. flag flies at half-staff in front of the 18th Wing headquarters building here on Wednesday in the wake of former President Ronald Reagan's death. President Bush has declared today a National Day of Mourning. The flag is scheduled to fly at half-staff for a month.



Maintaining great experience for a commander

By Maj. Willie O. Holt
18 Component Maintenance Squadron commander

As I leave my commander's tour at Kadena with the 18th Component Maintenance Squadron, I wanted to share my thoughts and experience with you.

My 2 years has been truly challenging but tremendously rewarding and the best experience that I had in my 24 years of my military service.

Three months ago I was interviewed by two different students on management.

Their assignment was to interview a top level manager. These are the statements below:

1. Discuss the commander's/manager's position and job responsibilities.

I led and managed 370 troops in providing maintenance support for test equipment calibration, propulsion, avionics and airframe accesso-

ry for fighter aircraft, to include tanker and reconnaissance aircraft, and helicopters.

In addition, we provided on- and off-equipment maintenance for fuel, ejection seats, electrical and aircraft environmental work, hydraulics, supporting the wing's flying hour program and maintenance support of A-10 aircraft motors for Korea.

Led the only authorized propulsion field unit performing depot-level maintenance converting F100 engines to 220-engine configuration.

2. Discuss the things that the commander/manager likes the most about his/her job.

• What I like most about my job is to ensure that my people are properly trained to do their job with very little supervision.

I try to inspire and motivate them to give their very best daily.

In doing this, our organization has achieved the "Spirit

of Excellence" and not mediocrity.

• Having to take care of the welfare and provide the means to allow everyone to excel.

• Ensuring everyone is recognized and rewarded for exceptional performance.

• Having the opportunity to constantly thank people and pat them on the back for what they do daily.

• Spending time to listen to their concerns and gear them toward a solution.

• Lastly, constantly providing mentorship to allow troops to achieve things that they may not have achieved, resulting in excellence throughout the unit.

3. Discuss the things that the commander/manager likes the least about his/her job.

What I like the least about my job is having to use strict administrative discipline to change and correct wrong behavior.

I also dislike deciding the fate of someone's career where I have to court-martial them or give them non-judicial Punishment for bad behavior.

But, I have to keep in mind that I am only enforcing the standards and rules that everyone knows and is expected to follow.

Finally, having constant deployments and having to work 70 plus hours a week takes time away from my family.

But, this is necessary and vital to get the job done and to accomplish our demanding mission.

4. Summarize the advice the commander/manager has to give to anyone interested in pursuing a squadron commander position/management.

If you are fortunate to be chosen as a squadron commander, keep in mind that it is truly challenging but a rewarding experience.

In order to be successful,

you need to first establish a vision as to where you want to take your people. Make sure everyone knows and understand your expectations.

Your expectations must be clear and meet the standard of operation.

Expect nothing less than everyone doing his or her best and take every opportunity to recognize and reward good performance.

Also, recognize bad behavior and poor performance and then take corrective action.

Get your people to understand that everyone can do well and succeed.

Provide constant mentoring and advise them to choose friends carefully, putting themselves in the company of positive and goal oriented people.

Lastly, provide the right level of training to accomplish the mission, and only then hold people accountable for their performance and behavior.

ACTION LINES

E-mail:

18wg.cchotline@kadena.af.mil



Brig. Gen.
Jeffrey Remington
18th Wing
commander

The 18th Wing is very interested in ideas that can make Kadena an even better place to live, work and play. If you have a concern that you have been unable to resolve through normal chains of command, then we'll look into it. Although not required, it's better to give commanders, first sergeants or the agencies with which you have the concern the opportunity to correct the situation first. When that fails, send us an e-mail. Include your name and telephone number so someone can get back to you, and a brief summary of your concern.

Fitness standards and schools

Are the fitness standards for professional military education uniform throughout Pacific Air Forces and the Air Force? The concern is that an Airman from Guam could score a 50 on his fitness test and replace an 18th Wing member who scored a 65 at Kadena. If an individual is selected to attend the NCO or Senior NCO Academies, but has only scored a 72 on his fitness test, will he be ineligible to attend based on 18th Wing standard?

Your questions are fair and I understand the confusion. First of all, there's some misinformation that needs to be cleared up. No NCOs have been removed from attending a class due to fitness assessment scores being less than 75. Secondly, 70 is not a "passing" score on the fitness assessment. A score of 70-74.9 is moderate health risk and must be re-assessed in 6 months.

Now for the issue of fitness assessment scores and PME: This issue has caused great concerns within the PME world, and the policy has been changed several times since the first of

the year when the new fitness program was implemented. Current guidance states that members may attend enlisted PME with scores less than 75 if the commanders deem them fit to attend. The caveat is that they must be able to "fully" participate in all physical activities to get the full experience from the course. One of the barriers to them attending (when needing monitoring) is the availability of people and time to perform monitor responsibilities.

Technical sergeants now must have a minimum score of 75 to attend NCOA that new policy is a result of the 5th Air Force commander's conference.

While the questions raised are legitimate, they are not critical and no one is being unfairly punished as a result.

There are no technical sergeants with a line number for master sergeant who cannot attend PME as a result of their fitness assessment. Those technical sergeants who are scheduled to attend the next class have the time and need to buckle down and get into shape. Once they meet the guidance given (75 or above), they will attend the NCOA and continue on with their careers.



SHOGUN WARRIOR OF THE WEEK



Staff Sgt. Chanea M. Laurent

18th Aeromedical Evacuation Squadron, NCO in charge of medical logistics

Hometown: Philadelphia

Reason for nomination: As the sole logistician for the Pacific aeromedical evacuation mission, she maintains more than \$107,000 of medical supplies and more than \$1.5 million in specialized medical equipment while overcoming logistical obstacles for the squadron. She has also ensured the new squadron has been well taken care of.

Time at Kadena: 7 months

Editor's note : *Shogun Warriors* are selected by unit leaders for their outstanding value to their unit and dedication to the Kadena mission. To nominate someone, send the name of your nominee to your unit commander or senior enlisted leaders.



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Deputy Public Affairs Chief.....Capt. CK Keegan
Public Affairs Superintendent.....Master Sgt. Brad Carder

Kadena Air Base Editorial Staff

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Published by Print 21, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 18th Mission Support Group. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services overseas.

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All copy and other printed material is handled by 18th Wing Public Affairs, Building 128, Kadena Air Base, Japan. The mailing address is 18WG/PAI, Unit 5141 Box 30, APO AP 96368-5141. Phone DSN 634-3457/5665. Fax 634-2344.

The submission deadline for information to be printed in The Kadena Shogun is 4:30 p.m. on Fridays, seven days before the desired print date.

For editorial submissions, send E-mail to kadenashogun.newspaper@kadena.af.mil

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CORRECTION: The telephone number for the Airman Against Drunk Driving service is 634-2233.

INTERPRETERS NEEDED: Japanese-English interpreters are need for the 2004 Special Olympic Games held at the Kadena High School Saturday. To volunteer, call 634-3911 or 630-9188.

CHANGES OF COMMAND: Lt. Col. David Williamsen will assume command of the 18th Contracting Squadron from Lt. Col. Bryan Scott at 8:18 a.m. Thursday at the Officers' Club.

- Lt. Col. Craig Pascoe will assume command of the 18th Medical Support Squadron from Lt. Col. Brian Witt at 4:18 p.m. Thursday in the ballroom at the Schilling Community Center.

- Lt. Col. Jeffrey H. Gustafson will assume command of the 67th Fighter Squadron from Lt. Col. Matthew H. Molloy at 4:07 p.m. June 18 at upper fighter ramp spot 50 on the Kadena flightline.

- Lt. Col. David Abercrombie will assume command of the 18th Security Forces Squadron from Lt. Col. Gus Green at 8:18 a.m. June 22 at the 18th Wing headquarters.

TELEPHONERATES: Officials with the 18th Communications Squadron say residents of Kadena housing areas, O'Donnel Gardens and Chibana housing are now eligible for reduced rates on telephone calls when calling a cellular telephone from their home. Rates vary

Kadena remembers Airman



Air Force/Tech. Sgt. Richard Freeland

A member of the Kadena Air Base Honor Guard salutes after laying a flag on an altar at a memorial ceremony for Tech. Sgt. Kenneth I. Shelton Jr. on June 3 at Chapel One. Sergeant Shelton, a member of the 18th Communications Squadron died of a heart attack during major surgery in Hawaii.

and residents may use three different carriers for the service. To use the discounted service for calls to a cellular telephone, officials say residents should dial 99, the access code and then the cellular telephone number. Access codes are: 0039, 0088, 0077.

ROAD WORK: A contractor will install

electrical wire to a new facility causing Kuter Boulevard to experience limited driving lanes from June 17 at 8 a.m. until June 20 at 6 p.m. Officials ask drivers to drive slowly around the construction zone as traffic lanes will be limited to one-lane for each direction.

OPERATION KUDOS: Operation Kids

Understanding Deployment Operations kicks off June 19 from 10 a.m. to 4 p.m. Children ages five to 15 are invited to learn how their parents gear up for military deployments through hands-on experience. Sign up at the Schilling Community Center from 10 a.m. to 4:30 p.m. Saturday or the Family Support Center on Monday from 7:30 a.m. to 4:30 p.m. For more information, call 634-3366.

PROMOTION PARTY: The Kadena Top 3 and the 56 Club will hold a promotion celebration June 25 at 4:45 p.m. at the Rocker NCO Club ballroom. Organizers say there will be free food and beverages for those wishing to congratulate Kadena's newest promotees.

MOTORCYCLE REQUIREMENTS: All motorcycle and scooter operators and passengers are required to wear international orange or lime green reflective vests during the day. The vest must have 138 square inches of reflective material and cannot be covered by a backpack or other items. Also, as a reminder, Airmen with motorcycles and scooters must attend motorcycle safety training every three years.

HEALTH CARE TOWN HALL: A healthcare town hall meeting will be held June 22 at 6:30 p.m. at Camp Lester's U.S. Navy hospital conference rooms B and C. Officials will explain new processes and initiatives at the hospital as well as an opportunity to relay user concerns to healthcare experts.



KADENA SPOTLIGHTS

— Pacific Air Forces officials announced last month that nine Kadena Services activities were named the Best in PACAF for 2004. The programs are: child development, youth sports and fitness, youth, officers club, enlisted club, readiness, human resources, marketing and publicity and information, tickets and travel.

— The following individuals were selected as the award winners for Kadena's Erwin Airman Leadership School Class 04-E: John L. Levitow award, Senior Airman Jacob Morrison of the 353rd Maintenance Squadron; Academic achievement award, Senior Airman Jason Washburn of the 718th Aircraft Maintenance Squadron; Leadership award, Senior Airman Paul Bohn of the 18th Logistics Readiness Squadron. Distinguished graduates for the class were: Senior Airman Paul Bohn, 18th LRS; Senior Airman Cheyenne Drummond, 18th Medical Operations Squadron; Senior Airman Todd Hendrix, 353rd Maintenance Squadron; Senior Airman Keith Anson, 718th Aircraft Maintenance Squadron and Senior Airman Jason Washburn, 718th AMXS.

— Airman 1st Class Sara Eeonie of the 18th Operations Support Squadron was named the 2003 Pacific Air Forces airfield management airman of the year.

— Airman 1st Class Anisha M. Bellin of the 18th Security Forces Squadron was selected to represent Pacific Air Forces in the 2004 American Legion Spirit of Service award.

— The following individuals were selected as the award winners for Kadena's NCO Academy class: Distinguished graduates, Tech. Sgt. Glen DeMars of the 18th Operations Support Squadron and Tech. Sgt. Candace Hillard of the 18th Comptroller Squadron; Commandant's award, Tech. Sgt. Candace Hillard, 18th CPTS; John Levitow Award, Tech. Sgt. Marcus Wells of the 18th Equipment Maintenance Squadron. Other graduates of the NCO Academy from Kadena were: Tech. Sgt. Ronald Berard, 18th LRS; Tech. Sgt. Peter Chin, 18th Aeromedical Evacuation Squadron; Tech. Sgt. Venton Crump, 18th Component Maintenance Squadron; Tech. Sgt. Glen DeMars, 18th Operations Support Squadron; Tech. Sgt. Alfred Gonyer, 18th Wing; Tech. Sgt. Jeremy Helms, 82nd Reconnaissance Squadron; Tech. Sgt. Darren Hylton, 18th Civil Engineer Squadron; Tech. Sgt. Jason Imler, 718th Aircraft Maintenance Squadron; Tech. Sgt. James Lachapelle, 18th Munitions Squadron; Tech. Sgt. Michel Laguna, 18th CES; Tech. Sgt. Monica Leger, 18th LRS; Tech. Sgt. William Oates Jr., 18th Communications Squadron; Tech. Sgt. Rochelle Ottman, 353rd Operations Support Squadron; Tech. Sgt. Phillip Parmlly, 733rd Air Mobility Squadron; Tech. Sgt. Stacy Reeves, 18th Security Forces Squadron; Tech. Sgt. Susan Robinson, 18th Wing; Tech. Sgt. Paul Schrimmscher Jr., 353rd MXS; Tech. Sgt. Gary Self, 961st Airborne Air Control Squadron; Tech. Sgt. Vincent Shampine, 31st Rescue Squadron; Tech. Sgt. Jonathan Tran, 733rd AMS; Tech. Sgt. John Vasquez, 18th Aircraft Maintenance Squadron.

— Capt. Michael S. Anderson of the 18th Operations Support Squadron was selected as the 2003 Pacific Air Forces Intelligence

Award program and Maj. Gen. Jack E. Thomas award winner.

— Congratulations to the following Kadena Airmen for their selection as the Pacific Air Forces 2003 SSgt. Henry E. "Red" Erwin outstanding enlisted aircrew member of the year award winner: Senior NCO category: Master Sgt. Steven E. Flax, 909th Aerial Refueling Squadron; NCO category: Tech. Sgt. William K. McQueen, 909th ARS; Airman category, Senior Airman George E. Peters III, 961st Airborne Air Control Squadron.

— Congratulations to the 18th Communications Squadron as the unit was selected as the Pacific Air Forces 2003 Maj. Gen. Harold M. McClelland Award for the best large communications squadron in PACAF.

— Senior Airman Raymond A. Lena, 18th Communications Squadron was selected as the Pacific Air Forces Communications-Electronics Systems Airman of the Year.

— Staff Sgt. Amanda Y. Anderson of the 18th Mission Support Group was selected as the Pacific Air Forces Information Management NCO of the Year.

— Senior Master Sgt. Alton D. Blalock, Det. 3, Pacific Air Forces Air Postal Squadron was selected as the Pacific Air Forces Postal Service Senior NCO of the Year.

— Seiji Minei of Det. 3, Pacific Air Forces Air Postal Squadron was selected as the Pacific Air Forces C&I outstanding civilian of the year.

— Staff Sgt. Richard Pyryt, Senior Airman John Kennett and Senior Airman Zane Mays of the 44th aircraft maintenance unit were selected as the Pacific Air Forces load crew of the year.

— Senior Master Sgt. James A. Cornell, 18th Component Maintenance Squadron, was selected as the Pacific Air Forces outstanding maintenance performer in the craftsman-superintendent category.

— Tech. Sgt. Robert J. Carollo, 18th Equipment Maintenance Squadron, was selected as the Pacific Air Forces outstanding maintenance performer in the craftsman category.

— Airman 1st Class Nicolas R. Neitzke, 18th EMS, was selected as the Pacific Air Forces outstanding maintenance performer in the journeyman category.

— Senior Master Sgt. Mark J. Greator, 18th Maintenance Operations Squadron, was selected as the Pacific Air Forces outstanding maintenance system support performer in the craftsman-superintendent category.

— Ashley Stutzman, daughter of Master Sgt. Randall Stutzman of the 18th Civil Engineer Squadron and Cheryl Stutzman of the 18th Services Squadron has been named as the 2004 youth of the year for Kadena Youth Programs.

— Tech. Sgt. Jimmy F. Counts of the 353rd Special Operations Group was selected as the Air Force Special Operations Command 2003 NCO medical expeditionary operations/readiness award recipient.

— Staff Sgt. Sonia M. Rincon, 353rd SOG, was selected as the AFSOC 2003 enlisted health service management award NCO.

— Staff Sgt. Richard D. Hogan Jr., 353rd SOG, was selected as the AFSOC 2003 medical services technician NCO of the year.

— Staff Sgt. Stephanie A. Hedrick, 353rd SOG, was selected as the AFSOC 2003 medical material NCO of the year.

Okinawa Perspective: The Week in Review

By 1st Lt. Chrystal Smith
18th Wing Public Affairs

The following is a synopsis of articles about Kadena and U.S. military issues that appeared in the locally published newspapers -- Okinawa Times and the Ryuku Shimpo between -- from June 2 to June 8.

□ As a part of disciplinary measures to prevent incident or accidents caused by U.S. military, the U.S. Marine Corps officials announced plans to implement a curfew between midnight and 5 a.m. to begin today for service members ranking below sergeant. The Marine Corps did not indicate when the curfew would be lifted.

In response to the news, local business owners discussed the effects the curfew would have on local business during these hours. Essentially, several business owners think the implementation of a curfew would be unfavorable.

□ On June 1 the Welfare & Health Department in Okinawa Prefectural Government

Last year, there were 81 incidents involving stinging jellyfish, and 41 of the cases took place outside the swimming net.

issued a warning against "stinging jellyfish." The warning period continues until September 30.

Officials recommend when swimming at the beach, everyone should swim inside a swimming net provided at the beach and to avoid exposing skin as much as possible. Officials also recommended beachgoers bring vinegar to the beach to help reduce pain if a beachgoer is stung by the jellyfish known as "Habu Karage." Last year, there were 81 incidents involving stinging jellyfish, and 41 of the cases took place outside the swimming net.

The Okinawa Prefectural Government suggests to any-

one stung by the fish to get immediate help, pour vinegar on the affected portion and cool it off with water after removing the tentacles of the jellyfish. They also recommend giving the victim first aid and get treatment at medical agency.

□ The Land and Transportation Office amended the policy to change the process of issuing temporary license plates, and it now involves U.S. military security forces in the process to recover the tags. The policy change occurred because the number of cases reporting lost temporary license plates over the past four years is more than half the total number of cases recorded since 1988. Lost tags for 184 cases out of 297 have been reported in the last four years.

□ As a result of the recent rain showers and water conservation efforts, the average amount of water in Okinawa's storage dams was reported, as of midnight on June 7, at 63.7%, of the total 74,850,000 tons.

Kadena commanders issue 14 Articles 15 last month

The following Article 15 actions were completed in May 2004:

- An airman 1st class from the 18th Aircraft Maintenance Squadron received a demotion to airman, a suspended \$500 fine, restriction to base for 30 days, and a reprimand for driving without a valid Japan Operator's license.

- A senior airman from the 18th Civil Engineer Squadron sent out inappropriate e-mails from his government computer and received a \$907 fine that had been suspended from a previous Article 15.

- A senior airman from the 18th Component Maintenance Squadron received a suspended demotion to airman 1st class, a \$500 fine, and 15 days extra duty for being disrespectful to a noncommissioned officer.

- A senior airman from the 18th Logistics Readiness Squadron received a demotion to airman 1st class and a reprimand for possessing 4 pills of Tylenol-3, containing Codeine which were prescribed to a fellow Airman.

- An airman 1st class from the 18th Logistics Readiness Squadron received a demotion to airman, a \$400 fine, 35 days extra duty, and a reprimand for driving while intoxicated and for being drunk on duty as a security forces augmentee while still under the influence of alcohol.

- A senior airman from the base 18th Logistics Readiness Squadron received a demotion to airman 1st Class and a reprimand for wrongfully possessing 68 pills of Bron.

- An airman 1st class from the 18th Munitions Squadron received a suspended \$500

fine, restriction to base for 45 days, 45 days extra duty, and a reprimand for making a false official statement that he had deregistered his POV when he had not done so.

- An airman 1st class from the 18th Security Forces Squadron received a demotion to airman, a \$500 fine, and 30 days extra duty for stealing a pair of sunglasses, valued at \$14.95, from the Kadena BX.

- An airman from the 18th Security Forces Squadron received a demotion to airman basic for missing work.

- A senior master sergeant from the 390th Intelligence Squadron received a \$3,814 fine, restriction to base for 45 days, 14 days extra duty, and a reprimand for hitting his wife.

- An airman 1st class from the 718th Aircraft Maintenance Squadron misused his government travel card and received a demotion to airman due to a previous suspended punishment from an Article 15.

- A senior airman from the 718th Aircraft Maintenance Squadron received a demotion to airman 1st class, 30 days extra duty, and a reprimand for driving while drunk with a blood alcohol level of .10.

- An airman 1st class from the 733rd Air Mobility Squadron received a demotion to the grade of airman, a \$200 fine, and 10 days extra duty for leaving his place of duty without authority and for sending out inappropriate e-mails on his government computer.

- A staff sergeant from the 961st Airborne Air Control Squadron received a demotion to senior airman, a \$600 fine, and a reprimand for failing to show up for pre-flight duty while on temporary duty to Guam.

Deployment lengths stretch to 120 days

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — Most Airmen scheduled to deploy in upcoming air and space expeditionary force packages will see their orders expand from 90 to 120 days. Last weekend more than 150 people deployed from Kadena as part of normal AEF rotations.

The change in deployment length will begin with AEF cycle 5 in September. Those who deploy as part of AEF 1 and 2 should prepare for a 120-day deployment.

Air Force Chief of Staff Gen. John P. Jumper announced the change in

his "Sight Picture" on June 4. The reason for the change is that the requirement for deployable forces is not expected to decrease in the foreseeable future, he said.

"Simply put, the demands on our deployable forces have not diminished and are not expected to decline for some time," the general wrote. "Further, the Air Force component commander in the Central Command area of operations has asked us to deploy people for longer tour lengths to allow greater continuity for expeditionary commanders in the field."

To help extend tour lengths to 120 days, the entire AEF cycle was adjust-

ed. The new cycle, now 20 months in length, allows for a four-month eligibility window and a 16-month training window.

General Jumper also said he intends to increase the pool of Airmen eligible for deployment. Currently, the Air Force has about 272,000 Airmen earmarked as deployment-eligible.

"I have asked all of our major commands to aggressively review the assumptions upon which they exclude Airmen from our AEFs and take immediate steps to maximize those postured (for deployment)," the general said. The changes to the AEF cycle, while possibly difficult for some,

should be considered by all Airmen as part of their commitment to the Air Force, General Jumper said.

"Let me be perfectly clear — in our Air Force, every Airman is expeditionary, every Airman will know (his or her) place in the AEF system, and every Airman will be prepared to support the combatant commander, whether deployed, in (the continental United States) via reachback, or employed at home station," General Jumper said.

Airmen currently deployed as part of AEF 7 and 8 and AEF 9 and 10 will still be held to the 90-day deployment schedule.



Air Force/Master Sgt. Adam Johnston

Master Sgt. Kristopher Krenzke, an independent medical technician, takes his shoes off before entering a temple near Kep, Cambodia. Sergeant Krenzke, a member of the 353rd Special Operations Group at Kadena, delivered several types of medicine to the temple as part of a blast resuscitation and victims assistance team that finished up work in Cambodia recently.

Medics wrapup help in Cambodia

By Master Sgt.
Adam Johnston
18th Wing Public Affairs

BRAVA '04
CAMBODIA
Part 3 of 3-week series

KEP, Cambodia -- U.S. military medics wrapped up a two-week humanitarian assistance visit to this former Communist nation with record breaking services officials say.

Twenty U.S. military members deployed to Kep, along the coast of the Gulf of Siam, for two weeks as part of a blast resuscitation and victims assistance team -- also known by medics as a BRAVA mission.

"BRAVA 2004 surpassed all previous missions' productivity figures in all categories and totals," said team leader Air Force Lt. Col. Diep Duong.

During the mission, military medics triaged approximately 2,000 patients, performed more than 120 major surgeries, and nearly 50 minor surgeries, completed

more than 1,800 tooth extractions and provided 895 Cambodians with outpatient treatment.

"We were able to achieve this high number because we had tremendous support and team work from all," said Colonel Duong.

"Although we were able to provide desperately needed medical care to over 1,500 Cambodians, we were still not able to meet the massive needs (there) due to time and resources," she said.

The mission -- which included sailors, soldiers and Airman -- was the fourth such visit to Cambodia since the program began.

Similar missions have also been sent to Sri Lanka and Vietnam.

Military commanders must combat sexual assaults

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — The Air Force director of manpower and reserve affairs testified June 3 before Congress during a hearing on sexual-assault prevention and response within the armed forces.

At Kadena, Airmen for the last two weeks have attended mandatory briefings about sexual assaults.

In Washinton, Michael Dominguez told members of the House Armed Service Committee total force subcommittee about efforts the service had made to solve the problem of sexual assault within the Air Force.

"Air Force leaders have been working this problem hard for the last 18 months," Mr. Dominguez said. "Our efforts began in January 2003 (when Secretary of the Air Force James G. Roche received) an e-mail from an Air Force Academy cadet victim. Air Force leaders moved decisively ... to correct problems at our academy through the 'Agenda for Change.'"

The directives embodied in the Agenda for Change, which began in late March 2003, were designed to ensure the academy is a safe, secure environment for cadets. The directives came in the

wake of a series of reports of sexual assault at the Colorado Springs, Colo., institution. Mr. Dominguez also told committee members the service had launched an Air Force-wide investigation into its sexual-assault policies, practices and programs.

"Air Force assessment teams visited 85 installations including (those in) Southwest Asia," Mr. Dominguez said. "We reached out to over 100,000 personnel through interviews, surveys and focus groups. Even before our assessment was complete, Secretary Roche and (Air Force Chief of Staff) Gen. John P. Jumper reacted to correct discovered deficiencies." One of the efforts initiated by the Air Force's two most senior leaders was the establishment of improved procedures to coordinate support and assistance for sexual-assault victims. Those improvements, Mr. Dominguez said, were modeled off a program already in place at Nellis Air Force Base, Nev.

He said the results of the assessment were consistent with the findings of a task force led by Ellen Embrey, deputy assistant secretary of defense for force health protection and readiness, and with data from research sponsored by the Department of Justice. Mr. Dominguez highlighted for committee mem-

bers key findings from the Air Force assessment.

"Sexual assault covers a broader range of behaviors than rape," he said. "Violent assault by strangers does occur, but the larger sexual-assault problem involves young people who know each other. Alcohol is frequently a factor."

One committee member suggested the combination of alcohol and young servicemembers with "raging hormones" allowed for potentially "explosive" situations.

There was agreement at the hearing among service witnesses and legislators that education was key to creating a culture change within the services that would bring about a solution to sexual assaults in the military.

Mr. Dominguez told committee members that commanders would be central to such a culture change. "Our attack on sexual assault must be a broad-spectrum campaign aimed at changing or eliminating attitudes, behaviors and beliefs that can be exploited by sexual offenders," Mr. Dominguez said. "Changing culture will require a long-term sustained effort by all of us. In the armed forces, commanders are, will and must be at the center of the change effort."



Air Force/ 1st Lt. Crystal Smith

Members of Kadena High School's Class of 2004 gathered Saturday for graduation ceremonies at the Keystone Theater.

Graduates of Kadena Class of 20 04

Leslie A. Abreu
Eduardo Roberto Aguilar
Kriston L. Albers
Kapualani H. Ampong
Heath Andersen
Marlaina E. Anderson
Steven Joseph Anderson
Erika M. Aragon
Maria C. Asuncion
Jonathan M. Attao
Paul Justin Bates
Marvin D. Beacham, IV
Jamie Ann Bell
Alex Berrios
Eric Quinn Billings
Johnathan Blalock
Allison Joy Blodgett
Matthew Sohkoh Burks
Vanna Corita Carawan
Michael B. Castro
Daniel Colin Choates
Christine E. Clearly
Kassandra M. Cluck
Ashley M. Coffey
Christopher Nicholas Conde
Trisha Lynn Conn
Frederick Christopher Cook
Ian A. Coubrough
Stephanie N. Cox
Amanda Jean Crabtree
Tyrira Tarsha Crain
Cierra Vontrese Crowder
Jonathan David Cuevas
Laura Danielson
Ryan DeBee
Brandon Dew
Christopher J. Doran
Jacqueline A. Downing
Chelsea Rae Druzbacky
Christina M. Dzurissin
Costa P. Edwards
Melanie Ann Fejeran
Brad Allen Fillingim
Ashley Nicole Floros
Kimberly Marie Fluker
Cecilia Y. Fonseca
Scott G. Foreman
Jennifer Lynn Fournier
Alicia A. Gazaway
Francis M. Giegler
Theresa Gittens
Laura Joye Gittins
Jose Juan Gonzalez
Rachel D. Gray
Anna Rebecca Harmeling
Sean Alexander Harris
Terrence Yuji Hayes
Kasie J. Hays
Samuel L. Helvenstine
Zaquan Jamil Henry
Octavia Nicole High
Bryan F. Hockaday
Anthony M. Hoskelis
Heather M. Isley
Andrew T. Jackson
Erika M. Jackson
Joche' Rishad Jackson
Tamaran Ashley Jacobs
Katrina Michelle Jaffer
Brittany Ann Jenkins
Clifford David Johnson
Benjamin Kyle Jordan
Alejandro Juarez, Jr.
Jason Anthony Kauzlarich
Demetris L. Kenney
Dajuan Miguel Kindell
Grant Samuel Knowles
Katherine L. LaGrave
Taichi K. Ledbetter
Jamie T. Lee
Jessica Lemoine
David James Leoso
Chelesea D. Leverette
Christina Michelle Lindquist
Meredith Ann Little
Rita G. Lizama

Heather Marie Long
Martin Richard Long
Tanner Blake Lucas
Kimberly E. Lyle
Kyle Lyttle
Ishmael J. Malik
Jacqueline L. Mansker
Shaffi Ray Mark
Robert J. Marling
Jennifer Chris Martinez
Justin Alexander Maytorena
Julie D. McAlexander
Michael Ryan McAllister
Erin M. McClain
Bernadette A. McDermott
Shawn R. McNeace
Theodore S. Meczywor
Alexandra Medina
Audrey S. Mendoza
Michael John Meneses
Darren J. Merritt-Nollie
Hayato Miyagi
Andy LaRoyce Morgan
Sean T. Murphy
Blayne Becker Myles
Kathryn Navallo Nofuente
Daranis Sean Norman
Ryan Wescott Norwood
Joseph Beaumont Orr
Daniel L. Ortiz
John I. Ortiz
Nichole M. Ostrowski
Benjamin Parsley
Courtne Jean Paschall
Grant Peregil
Darwin Phillips
Joshua Daniel Phillips
Frank Plumlee
Aubree London Potter
Richard M. Ranch
Michael Raslevich
Samantha M. Reid
Felicia Irene Reinert
John Willard Richmond
April L. Rissell
Ronald Brent Roberts
John F. Robinson, Jr.
Kattie Donielle Rockhold
Paul Andrew Rundle
Travis R. Russell
Thomas A. Sederquist
Elton Lee Sessoms
Angelika A. Shepard
Joshua T. Shirley
Angelica Regina Sixon
Justin A. Small
Amy Leanne Smith
Antoine L. Smith
Chevis Joevas Smith
Andrew Z. Soroka
Christa M. Spain
Sherree L. Strong
Bethany J. Stump
Ashley Marie Stutzman
Patricia Ami Sutton
Sasha N. Sutton
Vanessa Tauchus
Christopher T. Underwood
Nicole Urena
Megan Adair Van Beuge
Shamika Shantay Verdejo
Rachel A. Walsh
Amy M. Ware
Emmanuel Keith Watkins
Jamie Whitesell
Diane C. Whiteside
Davonna T. Wilkins
Brittney Nicole Williams
Haley C. Williams
Joanna Marie Williams
Vanessa M. Williams
Barbra Kae Wolf
Mark E. Wolf, Jr.
Cort J. Woolfork
Zachary M. Zendejas
Charles James Zoboblish



Air Force

Alicia Gazaway (right) is copied by a fellow graduate as they show off their newly awarded diplomas to the audience at the Kadena High School graduation Saturday.



Air Force/Airman 1st Class Heather Tower

Graduate David Leoso poses for photos with his proud parents June and Nick Leoso after graduation ceremony.



Air Force

Graduate Rita Lizama poses for photos immediately following the Kadena High School graduation.

Kadena graduates biggest Pacific

By 1st Lt Chrystal Smith
18th Wing Public Affairs

Kadena High School held a commencement ceremony for the Class of 2004 at the Keystone Theater June 4.

The school graduated the largest class of seniors in the Pacific Department of Defense School system to the next stage of life.

The top graduates addressed the class giving lessons learned and words of encouragement to fellow classmates during the ceremony.

Valedictorian Andrew Soroka, one of three who graduated one year early, will go on to attend Princeton, and salutatorian Bethany Stump, who will attend Yale.

John Dawson, Kadena High School teacher, was the featured speaker for the evening's ceremony.

He delivered a speech filled with anecdotes and words of inspiration to the class as he reminded them of the importance of a positive attitude.

Ruth Hatcher, Kadena High School teacher, said the impressive numbers this senior class displayed of diligence and determination.

There were nine ROTC scholarship appointments and three full-athletic appointments totaling \$40,000 in local scholarships. The class will receive more than \$ 2,191,000 in scholarships and special awards.

Additionally, 78 percent of the class will join the military and 12 percent will join the work force.

The numbers are a true reflection of the graduates poured out this school year, said English teacher Lynn Lund.

"This was an amazing year academically," Lund said. "I got to teach some of the most talented students I have ever come through Kadena."



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nan 1st Class Heather Tower
with her family imedi-
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remaining 10 percent

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tanding students that



Class valedictorian,
Andrew Soroka, speaks
to his fellow graduates
of the Class of 2004 at
the Kadena High School
Graduation at the Key-
stone Theatre.

Chief ends 3+ decades of service

By Master Sgt. Brad Carder
18th Wing Public Affairs

When Chief Master Sgt. Ed McCants signed up with the Air Force Reserve in June of 1969, things were a little different than today.

Richard Nixon was president. The Apollo 11 astronauts took those historic steps on the moon. Elvis, Johnny Cash and the Rolling Stones were blaring out of AM speakers all over America. And, Chief McCants' Air Force journey would begin.

Now, 35 years and 13 PCS moves later, the chief, who is the Air Transportation manager for the 733rd Air Mobility Squadron, is moving on.

At a retirement ceremony held June 3 at Kadena's Kinney Park, the chief and his family bid a formal farewell to Kadena and the Air Force he has served in for more than three decades.

Chief McCants said when he transitioned into the active duty force in 1973, he wanted to earn the rank of master sergeant and retire at 20 years of service.

Things changed. "I had a



Air Force/Staff Sgt. Anika Williams

Chief Master Sgt. Ed McCants accepts a flag from a member of Kadena's honor guard during his retirement ceremony that officially ended a career that spanned more than three decades.

line number for master sergeant at 11 years (of service) and I said, 'I want to do more.'

"I knew you could do more for people in a higher position of rank. That's what I wanted," the chief said.

In 1992, he realized his goal when he sewed on chief master sergeant stripes. Look-

ing back, he said he probably wasn't ready for all that came along with the stripes, but he soon learned.

"There's nothing like being a chief," he said. "It's been fun - incredible fun. But, it's been some hard work too," he said as he smiled. "A chief," he said, "is all about the people."

The chief recalled duty in

Thailand during the Vietnam War where he said he helped move a lot of "bullets and rice."

He also spoke proudly of service in Diego Garcia during the mid-1980s where he was responsible for making sure a Navy task force was supplied with everything from mail to fruit.

However, the chief said his most memorable assignment was at Clark Air Base in the Philippines during the early 1980s.

He was assigned to the 374th Aerial Port Squadron Combat Mobility branch where he spent 20 months of his 30-month assignment on temporary duty. He said the camaraderie of his 18-person unit was unlike any he would experience during his service. "We got the job done safely and quickly," he said.

The chief said the past six years he has served at Kadena have been very rewarding too.

He said he felt honored to be a part of several Joint Task Force-Full Accounting missions while at Kadena.

After returning to the United States later this month, the chief said he and his family "Are going on an adventure." He said they will drive cross-country and plan to live in Florida.

Chief McCants would like to extend a personal word of thanks to Lt. Col. Don Vandine for making the trip from Scott Air Force Base in Illinois to preside over the ceremony.

Procedures to speed overseas absentee balloting

WASHINGTON (AFPN) — Absentee ballots from servicemembers overseas will move faster and with greater control for the 2004 elections, Department of Defense and U.S. Postal Service officials said June 2.

Charles S. Abell, principal deputy undersecretary of defense for personnel and readiness, and Paul Vogel, the Postal Service's vice president for network operations management, discussed the changes made in the absentee balloting process for 2004.

"We've had a year of getting ready for the upcoming federal election, focusing on how we can help military personnel, their families and civilians overseas to exercise their right to vote," Mr. Abell said. "As we have looked at every sort of situation, problem and impediment, and tried to resolve them, we have come to another resolution to help us move ballots and ballot-request materials from the hand of the overseas Soldier, Sailor, Airman, Marine or family member to (his or her) county boards of elections."

Mr. Vogel said Postal Service officials have been working with the Military Postal Service Agency to improve the process.

The combined team has put together a process that will expedite the overseas absentee balloting mail flow and give greater accountability, Mr. Vogel said.

The Postal Service has no special program in place for servicemembers voting absentee in the

United States.

"The Postal Service does a great job within the United States," Mr. Abell said. "Our problem has always been more with the overseas voters."

Essentially, Postal Service officials will ask local postmasters to contact the officials in counties that are responsible for mailing ballots and to whom completed ballots are returned.

Postal Service officials are asking county officials to hold out the military ballots. Local postmasters will take those ballots and sort them for three different destinations: San Francisco for servicemembers based around the Pacific Rim, New York for Europe and the Middle East, and Miami for Central and South America. The balloting materials will go to those destinations via the Postal Service's Express Mail service, Mr. Vogel said.

Once at these military mail "gateways," Postal Service managers will log in the Express Mail pieces and sort them to the different military ZIP codes.

"All the balloting materials will be sorted first," Mr. Vogel said. They will go into specially marked mail trays and handed over to the airlines.

Airline workers will identify the trays that have voting materials, and those trays will again receive priority, officials said.

In theater, military postal officials will ensure balloting materials are given priority as they travel

to the servicemember.

Once a servicemember votes, the reverse process is the same — balloting materials receive priority, and ballots are placed in specially marked trays. One change, however, is that when ballots are received at the APO or FPO, mail clerks will put postal cancellation marks on the envelopes. This gives an accurate measure of the date and time a ballot is received.

At the postal gateways, ballots will go back into the normal mail flow in the United States that allows for a three-day delivery, Mr. Vogel said.

On Oct. 30, postal officials will again segregate balloting materials and use Express Mail to send ballots back to county officials. Election Day is Nov. 2, but these special-handling procedures will continue through Nov. 8, Mr. Vogel said; however, some ballots received after Election Day may not be counted, because different jurisdictions have different voting requirements.

To be on the safe side, DOD and Postal Service officials recommend servicemembers and their families follow Federal Voting Assistance Program guidelines. Program officials are designating the week of Sept. 6 as Get Out the Vote Week.

By then, "if servicemembers haven't already requested their ballots, that's the week to do it," Mr. Abell said.

Air Force expands window for space-A lodging

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Air Force Services Agency director here announced recently an expanded space-available reservation policy designed to maximize occupancy at lodging facilities.

Under the new system, lodging officials can accept

and confirm space-A lodging reservations up to 30 days in advance based on low projected occupancy rates, Arthur Myers wrote in a policy memorandum.

The window for reservations decreases as the percentage of projected occupancy rises.

For example, when a projected occupancy rate is 65 percent or less, space-A guests can make reservations up to 30 days in advance.

At 80 percent, the reservation window is two weeks. It is seven days for 85 percent, and three days for 86 percent or greater.

Under this new system, higher priority customers may not bump space-A customers with confirmed reservations, Mr. Myers said.

Neither can they be bumped once they are assigned lodging except during contingencies, emergencies or when the installation

commander determines higher priorities exist.

Mr. Myers also said commanders may establish a policy limiting the number of days space-A guests may stay in on-base lodging to no more than 30 days per year.

Air Force Education and Training Command News Service

TODAY

▲BRUSH WRITING: Class meets from 1 to 3 p.m. at the Family Support Center. Call 634-3366 to register.
▲COMEDY SHOWCASE: Begins at 10 p.m. at the Banyan Tree Club. Call 634-0644 for more information.
▲SCHOOL'S OUT BLAST: Celebration begins at Kadena's Youth Center from 7 to 10 p.m for youths 9 to 12 years old.

SATURDAY

▲GIVE PARENTS A BREAK: Meets from 6 to 11 p.m. at the Family Support Center. Call 634-3366 to register.
▲BATTLE OF OKINAWA: Begins at 9 a.m. at KITT. Take a historical tour around Okinawa reliving the Battle of Okinawa. Cost is \$28 for adults, \$19 for children ages six to 12, \$11 for children ages four and five and \$5 for children under age four. Call 634-4322 to register.
▲OCEAN OBSERVATORY TOUR: Begins at 9 a.m. at KITT. Explore the sea below at the Busena Resort Hotel. Cost is \$30 for adults, \$16 for students ages 16-18, \$17 for students ages four to 15 and \$5 for children under age six. Call 634-4322 to register.
▲ROCKER NCO CLUB: Rhythm and Blues and old school jams from 9 p.m. to close in the lounge.
▲COMEDY SHOWCASE: Begins at 10 p.m. at the Rocker NCO Club ballroom.
▲BINGO: Game cards go on sale at 1 p.m. and play begins at 2 p.m. at the Schilling Community Center.
▲TABLETOPWARRIORS : Games held at the Schilling Community Center from 10 a.m. to 10 p.m.
▲SAXOPHONE, FLUTE AND CLAR -INET LESSONS: One hour sessions for ages 5 an up held from 7 a.m. to noon. Call 634-1387 for more information.
▲MACHINE PATCHWORK QUILTING CLASS: Class held from 9 a.m. to 5 p.m. Call 634-1387 for more information.

SUNDAY

▲POWER BOAT SAFETY COURSE: Kadena Marina holds boating classes every Sunday at 9 a.m. Call 634-6344 for details.
▲SHURI CASTLE & SHIKINA-EN: Begins at 9 a.m. at KITT. Learn about the Sho Dynasty through visits to Shuri Castle, Shikina-En and Enkakuji Temple. Cost is \$26 for adults, \$15 for students age seven to 15 and \$5 for children under age seven. Call 634-4322 to register.
▲OKINAWA FOLK TALES: Begins at 9 a.m. at KITT. Learn more about Okinawa's urban legends through visits to mysterious sites. Cost is \$18 for adults, \$15 for students age seven to 15 and \$5 for children under age seven. Call 634-4322 to register.
▲FAMILYDAY BOWLING: Begins at 8 a.m. until 11 p.m. at Emery Lanes and Skoshi Bowl. Games are \$1 each when parents and children bowl together.

MONDAY

▲TRANSITION ASSISTANCE SEMI -NAR (PART 1 of 4): Class meets from 8 a.m. to 4:30 p.m. at the Family Support Center. Call 634-3366 to register.
▲MONEYONTHE BOOKSHELF (PART 1 of 2): Class meets from 5 to 6 p.m. at the Family Support Center. Call 634-3366 to register.
▲FATHER'S DAY CAKES: Orders for Father's Day cakes will be accepted until June 18 at the Banyan Tree Club. Cakes will be ready for pickup on June 20 from 7 a.m. to 6 p.m. Payment is due at the time of order. No call in orders will be accepted.
▲FAMILYNIGHT BOWLING: From 6 to 11 p.m. at Skoshi Bowl. Games are \$1

each when parents and children bowl together.

▲JAPANESE CONVERSATION CLASS: Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.
▲CAKE DECORATING CLASS: Class held from 6:30 to 8:30 p.m. Call 634-1387 for more information.
▲FREE SHUTTLE BUS: A free shuttle bus for youths will run from today until August 27. Youths must be 9 to 18 years old have a valid ID card and a youth programs membership card. Shuttle will run from 11 a.m. to 10 p.m. Monday through Friday. Riders will be picked up and dropped off at designated stops only. Call 634-0500 for more information.

TUESDAY

▲TRANSITION ASSISTANCE SEMI -NAR (PART 2 of 4): Class meets from 8 a.m. to 4:30 p.m. at the Family Support Center. Call 634-3366 to register.
▲COMEDY SHOWCASE: From 7 to 8:30 in the Kadena Officers Club Weekender Lounge.
▲TAICHI CHUAN: Class for 18 years old and up held from 5 to 6:30 p.m. Call 634-1387 for more information.

WEDNESDAY

▲TRANSITION ASSISTANCE SEMI -NAR (PART 3 of 4): Class meets from 8 a.m. to 4:30 p.m. at the Family Support Center. Call 634-3366 to register.
▲FATHER ANDDAUGHTER DANCE: Last day to register for a Sixties Theme Dance to be held June 19 from 7 to 10 p.m. at the Schilling Community Center. For more information call 634-0365
▲MEMBERSHIP NIGHT: An adults only complimentary buffet dinner will be held from 5 to 7 p.m.at the Banyan Tree for club members and their spouses. Seating is limited.
▲MEMBERSHIP NIGHT: A free buffet dinner will be held from 5 to 7 p.m.at the Rocker NCO Club for members and their spouses. Seating is limited.
▲MEMBERSHIP NIGHT: A free buffet dinner will be held from 5 to 7 p.m.at the Kadena Officers Club. Primary members may bring their spouse or one guest who is not eligible to be a club member for free. Adults only.
▲COMEDY SHOWCASE: Begins at 7:30 p.m. at the Rocker NCO Club. Seating is limited and show is for adults only.
▲KUMON MATH: Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.
▲OKINAWA DANCE: Class held from 5 to 7 p.m. Call 634-1387 for more information.
▲JAPANESE CONVERSATION CLASS: Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.

THURSDAY

▲TRANSITION ASSISTANCE SEMI -NAR (PART 4 of 4): Class meets from 8 a.m. to 4:30 p.m. at the Family Support Center. Call 634-3366 to register.
▲WELCOME WALK: Class meets from 10 a.m. to 2 p.m. at the Family Support Center. Call 634-3366 to register.
▲SLEEP TIGHT AT NIGHT INVEST -ING: Class meets from 5 to 6:30 p.m. at the Family Support Center. Call 634-3366 to register.
▲TAICHI CHUAN: Class for 18 years old and up held from 5 to 6:30 p.m. Call 634-1387 for more information.
▲JAPANESE CONVERSATION CLASS: Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.
▲JAPANESECALLIGRAPHYCLASS: Class for 18 years old and up held from 6:30 to 8:30 p.m. Call 634-1387 for more information.

JUNE 18

▲CITIZENSHIP CLASS: Class meets from 9:30 to 11 a.m. at the Family Support Center. Call 634-3366 to register.
▲OVERNIGHT EXPRESS: Top 40 dance beats all night at the Banyan Tree Club from 10 p.m. to 4 a.m.
▲BATH HOUSE TOUR: Call 634-4322 to register.
▲KUMON MATH: Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.

JUNE 19

▲FRIENDS OF THE FAMILY SUPPORT CENTER BAZAAR: Meets from 9 a.m. to 5 p.m. at the Falcon Fitness Center. Call 634-3366 for more information.
▲OPERATION KIDS UNDER -STANDING DEPLOYMENT OPERATIONS: Meets from 10 a.m. to 4 p.m. at the Family Support Center. Children ages five to 15 are invited to learn how their parents gear up for military deployments firsthand. For more

information, call 634-3366
▲FATHER AND DAUGHTER DANCE: A Sixties Theme Dance will be held June 19 from 7 to 10 p.m. at the Schilling Community Center. For more information call 634-0365
▲ROCKER NCO CLUB: Saturday night music mixer from 9 p.m. to close in the lounge.
▲TUNNELRATS TOUR: Call 634-4322 to register.
▲IN THE MIDDLE OF IT ALL TOUR: Call 634-4322 to register.
▲FATHER'SDAYGOLFING WEEKEND TOUR AT PRICIA RESORT: Call 634-4322 to register.
▲ADOPTIONDAY : Karing Kennels will hold a pet adoption day from 11 a.m. to 2 p.m. at the base exchange. Call 632-4062 for more information.
▲CARDANDCOMICSHOW : Show will be held at the Schilling Community Center from 10 a.m. to 6 p.m.
▲YOUTH TRIP TO NEO PARK: Open to youth center members only. Trip will go to Neo Park an open-air zoo. Cost is 1,000 yen and pre-registration is required.

JUNE 20

▲POWER BOAT SAFETY COURSE: Kadena Marina holds boating classes every Sunday at 9 a.m. Call 634-6344 for details.
▲FRIENDSOFTHETFAMILY SUPPORT CENTER BAZAAR: Meets from 9 a.m. to 4 p.m. at the Falcon Fitness Center. Call 634-3366 for more information.
▲FATHER'S DAY BRUNCH: Brunch will be from 9 a.m. to 1:30 p.m. in the Kudaka ballroom. Fathers who are members get a 50 percent discount. Brunch is open to all ranks and services.
▲SUNSETCRUISEAND TEPPANYA -KI TOUR: Call 634-4322 to register.
▲NAHAIFISHANDFARMERS MARK -TET TOUR: Call 634-4322 to register.
▲FATHER'SDAY BOWLING: Dad's will receive one free game for every two paid games.
▲FAMILYDAY BOWLING: Begins at 8 a.m. until 11 p.m. at Emery Lanes and Skoshi Bowl. Games are \$1 each when parents and children bowl together.

JUNE 21

▲MONEYONTHE BOOKSHELF (PART 2 of 2): Meets from 5 to 6 p.m. at the Family Support Center. Call 634-3366 for more information.
▲I T O M A N H A R E TRADITIONALBOATRACE TOUR: Call 634-4322 to register.
▲FAMILYNIGHT BOWLING: From 6 to 11 p.m. at Skoshi Bowl. Games are \$1 each when parents and children bowl together.
▲JAPANESE CONVERSATION CLASS: Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.
▲CAKEDECORATING CLASS: Class held from 6:30 to 8:30 p.m. Call 634-1387 for more information.

JUNE 22

▲BUNDLESFOR BABIES: Meets from 8 to 11:30 a.m. at the Family Support Center. Call 634-3366 to register.
▲SMOOTH MOVE WORKSHOP: Meets from 9 a.m. to noon at the Rocker NCO Club. Call 634-3366 for more information.
▲SPONSORSHIP TRAINING: Meets from 3 to 4 p.m. at the Family Support Center. Call 634-3366 to register.
▲75 CENT BOWLING: Selected food items and games will be 75 cents from 8 a.m. to 5 p.m.
▲TAICHI CHUAN: Class for 18 years old and up held from 5 to 6:30 p.m. Call 634-1387 for more information.

JUNE 23

▲UNACCOMPANIED NEWCOMERS TOUR: Meets from 8 a.m. to 3:30 p.m. at the Family Support Center. Call 634-4626 to register.
▲WASHI CLASS: Meets from 1 to 2:30 p.m. at the Family Support Center. Call 634-3366 to register.
▲OKINAWA MEMORIAL MUSEUM AND MEMORIALSERVICEATPEACE PRAYER PARK TOUR: Call 634-4322 to register.
▲KUMON MATH: Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.
▲OKINAWA DANCE: Class held from 5 to 7 p.m. Call 634-1387 for more information.
▲JAPANESE CONVERSATION CLASS: Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.

JUNE 24

▲KIDSCRAFTS CLASS: Meets from 10 to 11:30 a.m. at the Family Support Center. Call 634-4626 to register.
▲TAICHI CHUAN: Class for 18 years old and up held from 5 to 6:30 p.m. Call 634-1387 for more information.
▲JAPANESE CONVERSATION

CLASS: Class for 18 years old and up held from 10 to 11:30 a.m. Call 634-1387 for more information.
▲JAPANESECALLIGRAPHYCLASS: Class for 18 years old and up held from 6:30 to 8:30 p.m. Call 634-1387 for more information.

JUNE 25

▲VETERANSASSISTANCESEMINAR: Meets from 9 to 11:30 a.m. at the Family Support Center. Call 634-3366 to register.
▲SUNSHINE TOWN AND KASURI STUDIO TOUR: Call 634-4322 to register.
▲URASHIMA DINNER THEATER TOUR: Call 634-4322 to register.
▲KUMON MATH: Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.

JUNE 26

▲SUPER LADIES NIGHT: Super Ladies Night will be held from 10 p.m. to 4 a.m. in the Rocker NCO Club ballroom.
▲ROCKER NCO CLUB: Country and Western to Southern Rock from 10 p.m. to 2 a.m. in the lounge.
▲TOGA PARTY: Prizes for the best male and female costumes for the party from 6 p.m. to midnight in the Weekender Lounge of Kadena's Officers Club.
▲NISHIZAKI WATER PARK TOUR: Call 634-4322 to register.
▲EXPLORE THE NORTH TOUR: Call 634-4322 to register.
▲SACRED PLACES, SHRINES AND TEMPLES TOUR: Call 634-4322 to register.
▲CRAFT FAIR: Show will be held at the Schilling Community Center from 10 a.m. to 4 p.m.
▲TABLETOPWARRIORS : Games held at the Schilling Community Center from 10 a.m. to 10 p.m.
▲SAXOPHONE, FLUTE AND CLAR -INET LESSONS: One hour sessions for ages 5 an up held from 7 a.m. to noon. Call 634-1387 for more information.
▲MACHINE PATCHWORK QUILTING CLASS: Class held from 9 a.m. to 5 p.m. Call 634-1387 for more information.
▲YOUTH POOL PARTY: Open to youth center members and nonmembers from 9 to 12 years old, a pool party from 7 to 9 p.m. will be held at the Hagerstrom Pool.

JUNE 27

▲POWER BOAT SAFETY COURSE: Kadena Marina holds boating classes every Sunday at 9 a.m. Call 634-6344 for details.
▲BATTLE OF OKINAWA TOUR: Call 634-4322 to register.
▲UNDERWATER ADVENTURE AND ASHIBINAAOUTLETMALL TOUR: Call 634-4322 to register.
▲FAMILYDAY BOWLING: Begins at 8 a.m. until 11 p.m. at Emery Lanes and Skoshi Bowl. Games are \$1 each when parents and children bowl together.
▲VIDEO AND COMPUTER GAME SWAP : Swap meet at the Schilling Community Center from noon to 2 p.m. Pre-owned video and computer games to buy, sell or trade among other vendors. All games must be pre-owned, no new or copied games may be sold.

JUNE 28

▲Junior Summer Golf Clinic: Session runs Mondays through Thursdays from 8 to 9:30 a.m. or 10 to 11:30 a.m. for a maximum of 12 students. Registration is required. Call 634-3900 to register.
▲KIDS MEMBERSHIP NIGHT: A free buffet for children, \$5 for adults from 5 to 7 p.m.at the Kadena Officers Club. Open to Kadena Officers Club members only.
▲HIDEKATSUDINNERSHOW TOUR: Call 634-4322 to register.
▲FAMILYNIGHT BOWLING: From 6 to 11 p.m. at Skoshi Bowl. Games are \$1 each when parents and children bowl together.
▲JAPANESE CONVERSATION CLASS: Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.
▲CAKE DECORATING CLASS: Class held from 6:30 to 8:30 p.m. Call 634-1387 for more information.

JUNE 29

▲TAICHI CHUAN: Class for 18 years old and up held from 5 to 6:30 p.m. Call 634-1387 for more information.

JUNE 30

▲TEA CEREMONY TOUR: Call 634-4322 to register.
▲OKINAWA DANCE: Class held from 5 to 7 p.m. Call 634-1387 for more information.
▲JAPANESE CONVERSA -TION CLASS: Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.

JULY 1

▲BANGKOK AND HONG KONG TOUR: Tour is from July 1 to 7. Call 634-4322 to register.
▲TAICHI CHUAN: Class for 18 years old and up held from 5 to 6:30 p.m. Call 634-1387 for more information.
▲JAPANESE CONVERSATION CLASS: Class for 18 years old and up held from 10 to 11:30 a.m. Call 634-1387 for more information.
▲JAPANESE CALLIGRAPHYCLASS: Class for 18 years old and up held from 6:30 to 8:30 p.m. Call 634-1387 for more information.

JULY 2

▲GOLF SALE: Savings on selected merchandise will happen from July 2 to 4 at the Banyan Tree Golf Course. Call 634-3900 for more information.
▲KUMON MATH: Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.

JULY 3

▲TABLETOPWARRIORS : Games held at the Schilling Community Center from 10 a.m. to 10 p.m.
▲SAXOPHONE, FLUTE AND CLAR -INET LESSONS: One hour sessions for ages 5 an up held from 7 a.m. to noon. Call 634-1387 for more information.
▲MACHINE PATCHWORK QUILTING CLASS: Class held from 9 a.m. to 5 p.m. Call 634-1387 for more information.

JULY 4

▲PICNIC: Various events will be held at Marek Park beginning at 1 p.m. July 4 in celebration of Independence Day.
▲FAMILYDAY BOWLING: Begins at 8 a.m. until 11 p.m. at Emery Lanes and Skoshi Bowl. Games are \$1 each when parents and children bowl together.
▲TENNIS TOURNAMENTS: July 4 is the last day to register for a men's intermediate division and women's open division tennis tournament July 17 and 18 and a men's open division and women's intermediate division tennis tournament July 24 and 25. Cost is \$40 per team. For more information call 634-0695

JULY 5

▲FAMILYNIGHT BOWLING: From 6 to 11 p.m. at Skoshi Bowl. Games are \$1 each when parents and children bowl together.
▲SUMMERTENNIS CLINIC: One-hour session runs from July 5 to 16 and begins at 9 a.m. Class size is limited to six students. Registration is required. Call 634-0695 or 634-3157 for details.
▲JAPANESE CONVERSATION CLASS: Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.

JULY 6

▲TAICHI CHUAN: Class for 18 years old and up held from 5 to 6:30 p.m. Call 634-1387 for more information.

JULY 7

▲KUMON MATH: Forty-minute classes for children ages 5 to 18 from 3 to 5:40 p.m. Call 634-1387 for more information.
▲OKINAWA DANCE: Class held from 5 to 7 p.m. Call 634-1387 for more information.
▲JAPANESE CONVERSATION CLASS: Class for 18 years old and up held from 7:30 to 9 p.m. Call 634-1387 for more information.

JULY 8

▲TAICHI CHUAN: Class for 18 years old and up held from 5 to 6:30 p.m. Call 634-1387 for more information.
▲JAPANESE CONVERSATION CLASS: Class for 18 years old and up held from 10 to 11:30 a.m. Call 634-1387 for more information.
▲JAPANESE CALLIGRAPHYCLASS: Class for 18 years old and up held from

MOVIES	
Patrons should call Keystone Theater at 634-1869 or Butler Theater at 645-3465 to verify movie titles, showtimes and ratings.	
	Keystone Theater
▲ Tonight:	The Whole Ten Yards, PG-13, 6 p.m. Troy, R, 9 p.m.
▲ Saturday :	Home on the Range, PG, noon. The Whole Ten Yards, PG-13, 4 p.m. Troy, R, 7 p.m.
▲ Sunday :	The Alamo, PG-13, noon. Home on the Range, PG, 4 p.m. Troy, R, 7 p.m.
▲ Monday:	The Whole Ten Yards, PG-13, 7 p.m.
▲ Tuesday:	The Alamo, PG-13, 7 p.m.
▲ Wednesday:	Home on the Range, PG, 7 p.m.
▲ Thursday:	Shrek 2, PG, 1 and 6 p.m.
▲ June 18:	Shrek 2, PG, 6 p.m. Hell Boy, PG-13, 9 p.m.
	Foster Theater
▲ Tonight:	Shrek 2, PG, 7 p.m. Jersey Girl, PG-13, 9 p.m. The Whole Ten Yards, PG-13, midnight.
▲ Saturday :	The Prince and Me, PG, noon. Shrek 2, PG, 1 and 6 p.m. Hell Boy, PG-13, 9 p.m., midnight
▲ Sunday :	Shrek 2, PG, 1, 4, 7 p.m.
▲ Monday :	Troy, R, 7 p.m.

CHAPEL	
	<u>Catholic</u>
▲ Monday through Friday	: Mass, Chapel 2, noon.
▲ Saturday	: Confession, Chapel 2, 3:30 to 4:30 p.m. Vigil Mass, Chapel 2, 5 p.m.
▲ Sunday :	Mass, Chapel 3, 8:45 a.m. Mass, Chapel 3, 12:30 p.m. and 5 p.m.
	<u>Protestant</u>
▲ Wednesday	: Bible Study, Chapel 1, 7 p.m.
▲ Sunday	: Inspirational, Chapel 2, 8:30 a.m Liturgical, Chapel 3, 8:45 a.m. Evangelical, Chapel 1, 9 a.m. and 10:45 a.m. General Protestant, Chapel 2, 10:30 a.m. Gospel, Chapel 3, 10:30 a.m. Sunday school, Bldg. 326 and Bldg. 327, 10:45 a.m.
▲ Hindu service:	Mondays, Chapel 1, noon.
▲ Eastern Orthodox service:	call 645-7486
▲ Jewish services:	call 637-1027
▲ Islamic services:	call 636-3219



Janet Kennedy, a Risner fitness trainer, helps Jean Tucker during a training session. Trainers can be contacted through the Risner Fitness Center.

Personal trainers

Slots are limited, but gurus can help those willing

Story and photo by
Capt. CK Keegan
18th Wing Public Affairs

Put down the fitness magazine.

"It's not totally correct," said John Moore, a personal trainer with the 18th Services Squadron.

Moore said "Guys can be the worst because they see a workout plan in a magazine or start lifting with a buddy that looks like he is in good condition and they expect to get results."

Moore said they may not get the results they want because the magazine usually is from one person's opinion or experience. Following one article could make someone have a great upper body but have stick legs he says. Another problem with magazines according to Moore is that they are typically biased because they are trying to sell a product.

For people who are looking for more in their workout, a personal trainer may be the answer because they can help take the guesswork out of a fitness program, keep you motivated, build on strengths

and limitations, and to help you achieve permanent results.

"If you have ever had trouble reaching a goal, a trainer can clear it up by focusing on you," said Moore. "A magazine can't do that."

The Risner Fitness Center only has five personal trainers so there's a waiting list. According to Alicia Skinner, 18th Wing fitness director, it takes about four months to get a trainer. Skinner said it's important to be flexible with your availability.

"Some supervisors will allow their employees to take an early or late lunch," she said. So, it may be easier to get a trainer if a person has more time available.

For those looking for a personal trainer, the first step is to stop by the Risner Fitness center to fill out a request form.

When a slot becomes available with a trainer, the trainer will call the prospective client. If the client is unable to make the time slot, his/her name goes back to the top of the waiting list.

Cost for a trainer is \$25 per session. "Some people have

two sessions per week while others, such as bodybuilders have might have four," Skinner said.

Moore said the ultimate goal of a trainer is to teach someone how to reach their goals.

"People come in with goals of wanting to lose 10 pounds," he said. "That's good, but I want them to focus on the long-term. I ask them where they want to be one to two years from now."

"Too many are just focused on trying to lose weight in order to fit into a dress two weeks down the road."

Realistically, Moore said people should expect to lose a half pound to two pounds a week, with two being on the high end.

Trainers also develop a personalized fitness plan based on client goals. "If someone comes in and wants to build shoulders but tone their legs, then they will need to work at 80 to 90 percent of their 1 rep max on shoulders. But, they will only need 60 to 75 percent of their 1 rep max on legs," he said.

"A workout should be individual based," said Moore.

And he acknowledges that's something people won't get from a standard workout in a magazine.

Janet Kennedy, Risner fitness trainer, said too many people rely on gym science to build a workout. Gym science is relying on the biggest guy in gym for information and he's not necessarily right, she said.

"I hear, 'somebody said' a lot," said Kennedy. "But we can never find 'somebody' so we can correct them."

Jean Tucker has been training with Janet Kennedy, one of Risner's fitness trainers, for about five months.

"She knows what's best for me," said Tucker about Kennedy. "If I wine, she ignores me. If I really wine, then we try to figure out why."

Kennedy said she generally knows when Tucker is really hurting, but they always try to analyze what is really going on. "We look at whether she is just complaining because she doesn't want to do the work, or if there something else causing a problem."

Tucker said she loves having a trainer because she motivates her even when she doesn't want to workout.

"When I don't want to workout, she somehow coaxes me into doing it," said Tucker. "She's my cheerleader. She keeps me going."

You don't have to wait the possible four months to start getting in shape.

According to Skinner, they have trained people who can help.

"If you want to learn about the equipment and how to use it, our trained staff can walk you through anytime," said Skinner. "Sometimes, people have never weight trained and just need to get familiar with what to do, and how to do it."

The fitness center also has body assessments similar to what a trainer will give which tests strength, flexibility, body fat and VO2 max. VO2 is how effectively your body uses oxygen. The Air Force used the bike test to determine VO2 max for its yearly fitness tests prior to January 2004.

Skinner stresses that a personal trainer isn't always a cure-all for fitness.

"You have to be dedicated on days you are not with the trainer," said Skinner. "Otherwise you are wasting your time, and your trainer's time."